



# Youth Programs

## May - August 2011

### All 4 One Youth Step Program

Age 7 years and up. Join us for a program that will teach youth the fundamentals of Step, while empowering them. Students will learn discipline, commitment, responsibility and leadership all while having fun. Class is taught by professional dance teacher Tieshya Coleman. Class fee: \$20

May 3-24	Tu	6:00 pm - 7:00 pm	111921	Jul 12-Aug 2	Tu	6:00 pm - 7:00 pm	111923
Jun 7-28	Tu	6:00 pm - 7:00 pm	111922	Aug 9-30	Tu	6:00 pm - 7:00 p	111924

### Friday Fun Night

Ages 5-11 years. Participants are involved in a variety of activities, which may include playing active games, making crafts, playing computer games, and enjoying a movie at the center. A light pizza dinner, juice and a small desert will be provided. Program is from 6pm-9pm each evening. Class fee: \$15 per night.

Friday, May 13

Friday, Jun 10

Friday, Aug 12

### All Sports - Youth

Age 5-10 years. Interested in introducing your athlete to a variety of sports? This program introduces participants to the fundamentals of a different sport each week. Sports could include baseball, soccer, basketball, football, hockey, lacrosse and maybe others. Start playing now! Class fee: \$36.

May 1-22	Su	4:00 pm - 5:00 pm	109541	Jul 10-31	Su	4:00 pm - 5:00 pm	109543
Jun 5-26	Su	4:00 pm - 5:00 pm	109542	Aug 7-28	Su	4:00 pm - 5:00 pm	109544

### Basketball Skillz

Age 5-11 years. Build your basketball skills in this interactive class taught. Learn the fundamentals of basketball which includes shooting, passing, defense, offense and dribbling. The last class will consist of a scrimmage game where skills will be practiced in a real game situation. Don't miss this fun and exciting program! Class fee: \$36

May 10-31	Tu	6:00 pm - 7:00 pm	109809
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### Fitness for Girls: Jump up and Move

Age 11-15 years. Designed to get youth more physically active through various sessions including fitness, cardio circuits, active games and sport introduction. All fitness levels are welcome to participate. Class fee: \$36.

May 10-31	Tu	7:00 pm - 8:00 pm	109821
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### Shotokan- Youth

Age 6-14 years. Shotokan builds character through the training of martial arts. Participants will master the different components of Shotokan style Karate. Benefits of the class will also include building confidence, increase motor skills, discipline, self defense, self control and more. Classes are held on Monday and Wednesday nights at 6pm-7pm. A new session begins each month. Instructor is Eric Blaize. Class fee: \$15.

### Lightning Bugs

Age 6-11 years. Let's go see the lights of the summer. A hike, game, and craft will be included in this fun, educational program. Pre-registration is REQUIRED four days prior to program. For more information, contact Nature Programs at 919-831-6856. Class fee: \$5

Jul 15	F	7:45 pm - 8:45 pm	107677
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### Photography-Digital Photography Studio

Age 8-15 years. Over these three days transform your summer into a digital photography studio. Using our digital photography studio photography and edit your digital photographs using Photoshop Elements. Artists will learn techniques for taking great photographs, go on fun photo scavenger hunts. Don't miss out on this fun summer studio project. Class fee: \$60

Jul 20-22	W-F	10:00 am -12:00 pm	110275
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## Barwell Road Community Center

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